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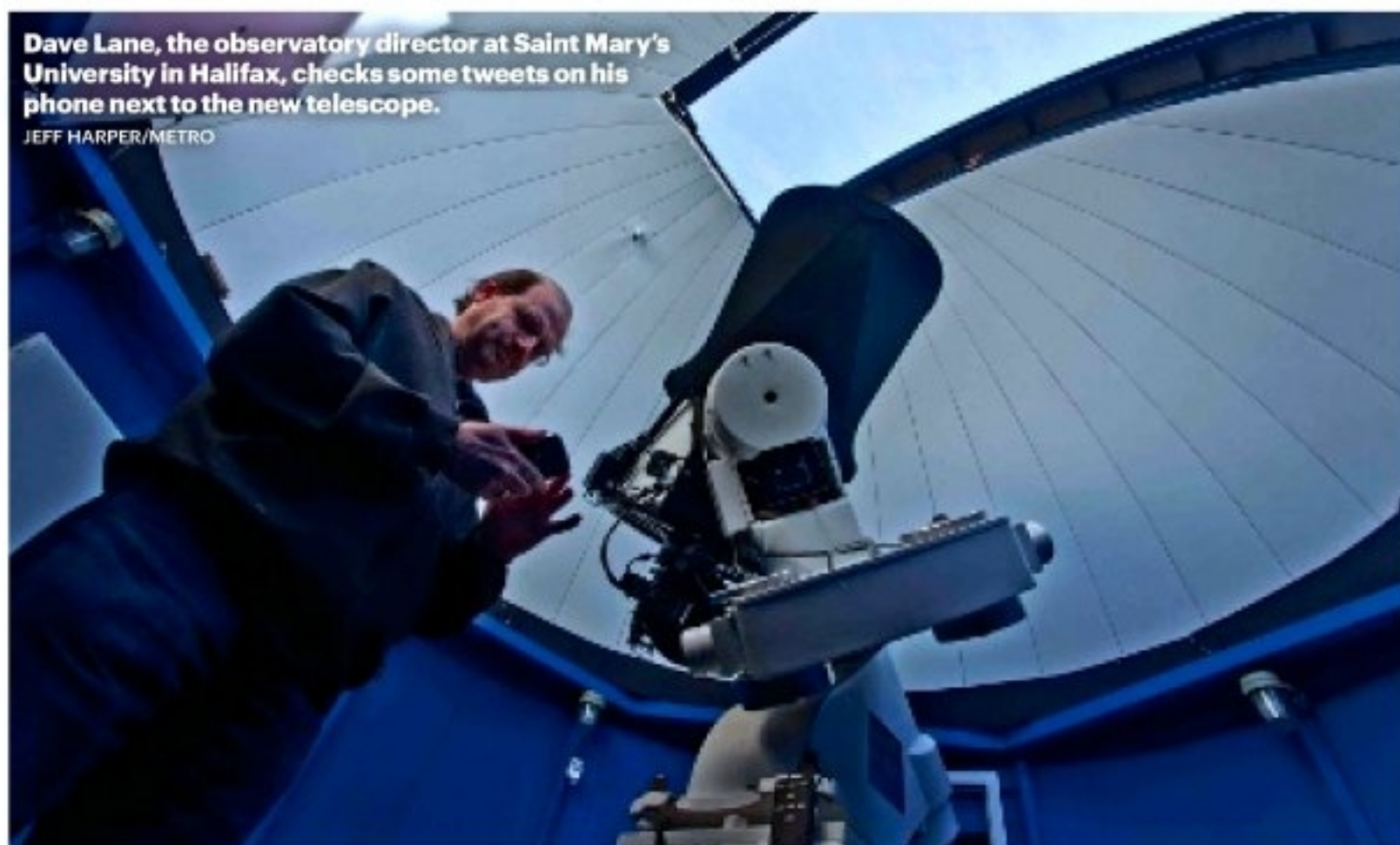
Your essential daily news | WEDNESDAY, MARCH 2, 2016

High 8°C/Low -5°C Clouds, rain, wind



Dave Lane, the observatory director at Saint Mary's University in Halifax, checks some tweets on his phone next to the new telescope.

JEFF HARPER/METRO



TWEET FOR THE STARS

You can now
take control
of a telescope
— via Twitter
metroNEWS

Panel tackling health issues

WESTERN MEDICINE

Student group looks to improve the wellbeing of indigenous peoples



Zane Woodford
Metro | Halifax

A panel discussion Wednesday night at the Halifax Central Library will try to bridge the gap between traditional indigenous practices and Western medicine.

Worlds Together: Examining the Integration of Indigenous Healing Practices within the Canadian Health Care System is put on by Dalhousie's student-run Indigenous Health Interest Group.

The head of the group, Sonya Swift, said Tuesday that it chose to focus this year's discussion on one of the recommendations from the federal Truth and Reconciliation Commission's report that called on the federal government to improve health outcomes for indigenous peoples in Canada.

ous peoples in Canada.

Access to health care is a long-standing issue for indigenous peoples in Canada, and life expectancies are five to 10 years lower for them than non-indigenous groups — something Swift said is not covered in her medical school curriculum.

"There's very, very little emphasis placed on those discrepancies and what needs to be done to improve them," she said.

Swift said part of the solution to that problem is to incorporate traditional practices into Western medicine.

Hosted by APTN's Trina Roache, the discussion will feature keynote speaker Dr. Doris Mitchell, a physician in multiple Ontario First Nations communities including her own, along with a panel of health-care workers tackling that issue.

+ EVENT DETAILS

The event runs from 6:30 to 8 p.m. on Wednesday in Paul O'Regan Hall at the Halifax Central Library.



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Big Lift stalls commute for rush-hour drivers

TRAFFIC

Angus L. MacDonald Bridge opened four hours late



Yvette d'Entremont
Metro | Halifax

A series of issues delayed Tuesday morning's opening of the Angus L. Macdonald Bridge, leading to commuter headaches as drivers scrambled to find alternate routes.

The bridge was closed overnight for regularly scheduled work on the Big Lift project, but was slated to reopen at its usual time of 5:30 a.m.

Instead, the bridge remained closed until around 9:50 a.m. when one lane was opened in each direction. All lanes were open to traffic by 11 a.m.

"The thing that we were reinforcing is an important support structure called the cable bent. It was a strut underneath the cable bent that connects the two legs together and supports the approach structure," explained Jon Eppell, chief bridge engineer for Halifax Harbour Bridges and project manager for the Big Lift.



Motorists drive across the Macdonald Bridge near the Big Lift apparatus in this file photo. **The bridge didn't reopen at its scheduled time at 5:30 a.m., leaving morning commuters to seek out alternate routes.** JEFF HARPER/METRO

Eppell said when attaching new steel to old steel it is often challenging to have things line up. In addition, there were equipment failures that further delayed their progress.

"We ... try to schedule new or difficult work for weekends

the first time we do it, so in this case it didn't happen and the result was not good," he said at a press conference held Tuesday afternoon by Halifax Harbour Bridges to address concerns.

To add to this morning's confusion, The Big Lift's app and website were also down. The app and website are touted as "go-to" places for drivers wanting to keep up to date on whether the bridge is open or not.

"The app and our website

are ... critical tools so when that went down that really (exacerbated) the situation," said Halifax Harbour Bridges spokeswoman Alison MacDonald.

"It is back working now and we are working with our provider to make sure that doesn't happen again, but we also plan to build in some redundancy into that tool so that if it does go down we have other ways to reach out to people via their handheld devices."

Eppell said although the

contractor won't face financial penalties for this morning's delay, people will be held accountable and "some pretty stern discussions" will take place.

"This is not taken lightly by any stretch of the imagination," he said.

The unexpected bridge closure created traffic snarls on other major thoroughfares, including the Bedford Highway, Magazine Hill and Highway 102.

MEDICAL MARIJUANA

City denies licence to dispensary



Zane Woodford
Metro | Halifax

The municipality has told a medical marijuana dispensary in Cole Harbour to butt out.

Tasty Budd's Compassion Club on Cole Harbour Road opened at the beginning of February. On Feb. 17, it received a notice to comply from Halifax Regional Municipality, and was told to get an occupancy licence.

Tasty Budd's CEO Norman Lawrence then applied for that licence, but it was denied.

"It was denied in late February because the product that they plan to sell is illegal under federal regulations," municipal spokesperson Tiffany Chase said Tuesday.

As part of correspondence posted on the Utility and Review Board website, a letter from HRM development officer Andrew Faulker to Lawrence says the bid for a licence is "premature and has to be refused as the product you are proposing to sell has not been legalized."

Tasty Budd's is appealing the decision, writing in the appeal filed with the UARB recently that "there is no need for an occupancy permit as the building has undergone no renovations."

"Business owners are required to have the proper permits in place to legally operate their businesses, and they don't currently have the proper permit," Chase said.

A document dated Feb. 29 on the UARB website says a conference call will be held on Mar. 9 to set a date for the appeal hearing.

“We try to schedule new or difficult work for weekends the first time we do it, so in this case it didn't happen and the result was not good. Jon Eppell

ENTERTAINMENT

Trailer Park Boys cash in on film fund model

Nova Scotia's favourite greasy trio is the latest company to take advantage of the province's re-worked film tax credit.

On Tuesday, Nova Scotia Business Inc. announced \$810,368 in funding for Trailer Park Boys Out of the Park: Europe, a television series to be produced by TPB OTP Productions Inc.

The Nova Scotia Film and Television Production Incentive Fund

was announced last year after weeks of protest and controversy surrounding the McNeil government's slashing of the province's former Film Tax Credit — a \$24 million credit that provided a 50 per cent rebate for labour.

Under the new \$10 million fund, film projects can get a 25 per cent refund on all production costs including labour.

METRO



Ricky, Bubbles and Julian of The Trailer Park Boys. METRO

DARTMOUTH

Police investigating alleged indecent act

Police are investigating an indecent act after a man with his penis exposed paid for items at a Dartmouth store early Monday evening.

The man entered a business on the 600 block of Portland Street at about 5:15 p.m. on Monday, Halifax Regional Police said in a news release.

Police said the man ap-

proached a female cashier with his penis exposed. He paid for his items and then left the store.

The suspect is described as a white man with brown hair who is about five-foot-11.

Anyone with information about this incident is asked to call police at 902-490-5016 or send an anonymous tip to Crime Stoppers. METRO

Teen figure skater gets chance to excel thanks to helping hand

UPPER TANTALLON

Young amputee wants to show that anything is possible

Dylan DesRoche
For Metro | Halifax

Emily Gerhardt was born missing her left hand, but that hasn't stopped her from living life to the fullest.

The 17-year-old Upper Tantallon resident is both a dedicated Grade 12 student at Sir John A. Macdonald High School and an athlete. She recently placed first in two categories for her age group at Nova Scotia's figure skating provincial championships.

Gerhardt's love of skating came from her parents; they helped her step onto the ice at a young age and she hasn't stopped since.

"I've always just loved it," Gerhardt said Tuesday at the rink that serves as her home away from home, the St. Margaret's Centre.

Gerhardt was given a prosthetic arm through The War Amps Child Amputee pro-

gram, also called CHAMP, which is celebrating 70 years of returning lost keys to their owners. This year's donation-based key tags will be mailed out to Nova Scotians this week.

CHAMP aims to provide every child amputee in Canada with limbs for sports and other recreational activities. These limbs cost thousands of dollars, and are not covered by any provincial program.

That means without the War Amps, a lot of kids would never get the chance to just be a kid, said James Jordan, a spokesperson for War Amps.

No children in our program will ever have to cover the cost of expensive artificial limbs just so they can keep up with their friends and live a normal, active life.

James Jordan, War Amps

"No children in our program will ever have to cover the cost of expensive artificial limbs just so they can keep up with their friends and live a normal, active life," Jordan said by phone Tuesday.

Gerhardt was given her first recreational limb through the program five years ago, and it has allowed her to take her figure skating to the next level.

"At first it was mainly for keeping my arm protected while I was skating, but as

I got better it became more about balance," she said.

"It's what caused me to be able to get better."

On top of providing recreational limbs for child amputees, The War Amps also has CHAMP seminars. The seminars are yearly gatherings for amputees and their families, where they can go and meet other amputees, and learn that despite the fact they are missing limbs, anything is possible.

"I've been going every year; they have always supported me and made me feel welcome," said Gerhardt.

Gerhardt is now a junior councillor at the seminars. As a junior councillor, she uses her experiences as an amputee to help younger amputees become more comfortable with their bodies.

"It's a way for people to just get to know each other and learn from different experiences," she said.

The seminars have a huge impact on young amputees, helping them gain confidence and give them the courage to chase their dreams, Jordan explained.

"They have allowed me to pursue whatever I want to do and not to feel that I have any limitations," Gerhardt said. "Sky's the limit."



Figure skater Emily Gerhardt of Upper Tantallon was able to get a new prosthetic hand thanks to the War Amps. JEFF HARPER/METRO

Friday, March 4

Free Admission

Canadian Forces Day at The Real Home Show 2016

FREE Admission to all Military Members
on Friday, March 4

The Nova Scotia Home Builders' Association is pleased to once again recognize all members of the Canadian Forces and their spouses. On Friday, March 4, all Canadian Forces members in uniform or with proper identification will be admitted to the show at no charge. This initiative carries over in its ninth year to honour all the men and women representing Canada at home and overseas. *Thank you!*

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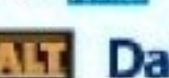
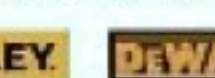
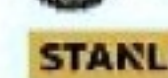
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DRIVERS

Province changes licence program

Dylan DesRoche
For Metro | Halifax

People hoping to get behind the wheel are going to have to wait a little bit longer, as the provincial government announced Tuesday it's making changes to its graduated driver's licence program.

Starting April 1, beginner drivers are going to have to drive for an additional six months before they get their licence.

Novice drivers must drive for a full 12 months, or nine if they have taken an approved driver training program, according to a Transportation and Infrastructure Renewal Department news release.

"Extending the beginner phase will allow the learner to gain experience and exposure to a greater variety of driving situations and conditions," Transportation and Infrastructure Minister Geoff MacLellan said in the release.

The current system, in place since 1994, requires new drivers of any age to drive for six months before they get their licence.

Currently, Nova Scotia has the shortest learner phase out of all provinces; these changes bring the province on par with the rest of the country, the release said.



THEATRE ASHLAND FALLS STARTS MARCH 3 Neptune Theatre's Young Actors Company runs through a scene from the comedy thriller *Ashland Falls* at Neptune Theatre on Tuesday. *Ashland Falls* is on the Scotiabank Studio stage March 3-5. JEFF HARPER/METRO

PRINCE EDWARD ISLAND

Woman gets lost in woods

A Nova Scotia woman is recovering after spending the night in the woods in P.E.I.

Police say the 42-year-old went for a walk near Brackley Beach and got lost.

She told her husband

Monday night that she was lost and that her cellphone battery was going dead.

The RCMP say crews searched the area, but the woman walked out of the woods Tuesday morning.

THE CANADIAN PRESS

Rascal Flatts coming to town

MUSIC

Trio playing at Scotiabank Theatre Aug. 8

Heads-up, Rascal Flatts fans.

The group is coming to Halifax and tickets go on sale Friday.

The Grammy Award-winning country music group is bringing their Rhythm and Roots Tour to Halifax with an Aug. 18 performance at the Scotiabank Centre.

Described by promoter Sonic Concerts as "the best-selling country vocal group of the past decade," the group's honours

include the sale of more than 23.1 million albums, 31 million digital downloads, 15 No. 1 songs and more than 40 industry accolades.

Rascal Flatts' ninth and most recently released studio album, *Rewind*, debuted at No. 1 on the top country chart. That album has produced four singles to date, including *Payback*, *Riot*, and *I Like the Sound Of That*.

Special guest is Pembroke, Ont. native Jason Blaine. His latest release, *Country Side*, is his sixth album.

Tickets for Rascal Flatts go on sale March 4 at 10 a.m. Prices range from \$69.25 to \$139.25



Tickets go on sale Friday.

CONTRIBUTED

and will be available at Ticket Atlantic box offices, participating Atlantic Superstores, by phone at (902) 451-1221 (1-877-451-1221) and online at www.sonicconcerts.com. METRO

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GRIDLOCK

Music festival reveals lineup

The full lineup for Halifax's new outdoor tented music festival was announced Tuesday.

Gridlock Festival is set for July 8-10 on the grounds of Citadel High School, with more than 30 musicians and comedians on the bill; Stillwell pro-

viding local beer, wine, and spirits, and a food truck alley.

Adding to the previously announced line-up including DIIV, American Football, TR/ST, Wintersleep, Southern Shores, Partner, and Vogue Dots, Gridlock announced Tues-

day it has booked Wolf Parade, Rural Alberta Advantage, Waxahatchee, Matt Braunger, Solids and more.

The full lineup and ticket information is available at gridlockfestival.com.

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H&M

Twitter, Twitter, little star...

ASTRONOMY

Observatory at Saint Mary's engineered to run by tweets



Yvette d'Entremont
Metro | Halifax

Remotely controlling a telescope via Twitter from your living room is now possible, and night sky enthusiasts around the world are being encouraged to try it.

The world's first Twitter-controlled telescope at Saint Mary's University's Burke-Gaffney Observatory is taking requests from amateur astronomers and professionals alike via @smubgobs.

Although it was in test mode for the past year, the first public announcement of the project took place Monday.

"There are lots of observatories that use Twitter as a way to reach out to the public and communicate, but it's humans



Observatory director Dave Lane checks some tweets on his phone. JEFF HARPER/METRO

on a keyboard responding," Dave Lane, director of Saint Mary's University's Burke-Gaffney Observatory, explained Tuesday.

"Or maybe they're responding or taking pictures and sending them. But this is

totally automatic."

More than a year ago, the university received a donation that helped fund a new telescope. The second part of that project was making the observatory available to the wider public via social media.

"The first step was automation, making the thing automated and making the dome follow the telescope; open and close when the clouds come and go and all that stuff," Lane said.

"That was kind of the first

year. The last year has been developing the connection to social media, in particular to Twitter and an email interface."

Stargazers interested in requesting photos from the telescope follow instructions via the university's website to request access. From there they can make specific requests which will be acted upon, weather permitting.

As the telescope takes its observation, it will tweet you back to inform you that your image has been taken and will be available in the morning.

The university's students get first priority for their projects, but anyone can make a request and have it added to the queue. So what kinds of things should people ask to see?

"You want to really look at faraway galaxies and nebulas and the pretty things you stumble upon on the Internet," Lane said.

"People will say 'Can you take me a picture of Pisces the constellation?' Well, no. It's

too big. It's 20 degrees across. It just doesn't work. It will be an education and I think part of what we'll have to do is to give suggestions."

Lane so far has taken Twitter requests from across Nova Scotia, Ontario, British Columbia, the U.S. and even Germany. Scientists conducting research will take advantage of the service, but he said they also want to reach out to high schools offering astronomy classes.

"It's an experiment. We don't know how popular it will be. We might be overwhelmed. We don't know," he said.

We might be overwhelmed. We don't know.

Dave Lane

+ JOIN THE FUN

To request your own astronomical images from the robotic telescope, visit www.ap.smu.ca/pr/bgo-useme/howto for instructions on requesting authorized access.

School Review Public Meetings - Schools in Eastern Passage



On December 16, 2015, the Halifax Regional School Board approved a motion to initiate a school review process for the following schools in Eastern Passage:

- Eastern Passage Education Centre
- Ocean View Elementary
- Seaside Elementary
- Tallahassee Community School

In accordance with the provincial School Review policy, a School Options Committee (SOC) has been initiated to complete the review. The SOC will hold three public meetings to present its work and seek input and feedback about the review scenarios under consideration.

The public meetings will be held:

Date and Time	Location	Address
Wednesday, March 9, 6:30-9 pm	Ocean View Elementary, Gymnasium	51 Oceanview School Rd, Eastern Passage
Wednesday, April 20, 6:30-9 pm	Seaside Elementary, Gymnasium	1881 Caldwell Rd, Eastern Passage
Wednesday, May 18, 6:30-9 pm	Seaside Elementary, Gymnasium	1881 Caldwell Rd, Eastern Passage

At each public meeting, an explanation of the school review process will be provided including the mandate of the SOC and a summary of the work conducted to date.

Additional information with respect to the school review process can be found on the Halifax Regional School Board website at www.hrsb.ca.

NEW BRUNSWICK

Cybersecurity jobs a hot topic

New Brunswick is hoping to create some much-needed jobs by establishing a centre of excellence in cybersecurity.

Premier Brian Gallant was in San Francisco Tuesday to promote the province to information technology companies at a major cybersecurity conference.

He says the Fredericton area already has a number of major IT companies like IBM, as well as the University of New Brunswick and CFB Gagetown, who all have an interest in cybersecurity.

"We believe that the greater Fredericton area is already a centre of excellence in cybersecurity for the world," he said.

"I don't think we've showcased it enough and that's one of the reasons why I wanted to come to this conference."

Gallant says becoming a centre of excellence involves having the expertise, the research



New Brunswick Premier Brian Gallant THE CANADIAN PRESS FILE

and development, and leading information technology companies all in one area.

Gallant said he's convinced that if his government can demonstrate what's already happening in the province then others will want to be part of it.

He said each year cyber attacks around the world have an

economic impact of between \$400 billion and \$500 billion.

"If we can put our stamp on it now, saying that we are a centre of excellence, really proving that we can deliver on that, I think there's a huge potential for growth over the next couple of years," Gallant said.

THE CANADIAN PRESS

CRIME

RCMP captures murder suspect

A New Brunswick murder suspect known for altering her appearance has been arrested after more than two months as a fugitive.

RCMP said they arrested Marissa Shephard at 12:30 p.m. Tuesday in Moncton.

The 20-year-old was wanted on a Canada-wide warrant for first degree murder and arson, in the violent death of Baylee Wylie on Dec. 17, whose body was found by firefighters in a burned-out triplex in Moncton. Family members said they

believed Shephard was likely dead. Police said she was considered dangerous due to the violent nature of the crime.

Three other young people had earlier been arrested and charged with the crime.

THE CANADIAN PRESS

Food guide needs update

NUTRITION

Standards now obsolete as waistlines keep expanding

Canada's Food Guide, which presents fruit juice as a healthy choice, is in need of a drastic overhaul to help combat the country's obesity crisis, a Senate committee warned Tuesday as it released findings of a study spanning more than a year.

The report paints a bleak picture of Canadians plagued with conditions linked to excess weight and takes direct aim at Health Canada's recommendations on juices most commonly served at breakfast tables.

"Canada's dated food guide is no longer effective in providing nutritional guidance to Canadians," the report said. "Fruit juice, for instance, is presented as a health item, when it is little more than a soft drink without the bubbles."

The report, which pegs the cost of obesity at between \$4.6 billion and \$7.1 billion a year in health-care needs and lost productivity, also suggested the committee got an earful on the failings of the food guide.

"Several witnesses suggested that Canada's Food Guide has been at best ineffective," it said.

An overhauled food guide should be based on the latest science and must make strong statements about restricting consumption of highly processed foods, the study added.

The report also suggested the government should consider a ban on advertising food and drinks to children and a possible tax on sugar-sweetened beverages.

THE CANADIAN PRESS



We can't sugarcoat it any longer. The obesity crisis is real.

Sen. Kelvin Ogilvie



MIDDLE EAST SYRIAN REFUGEE BOYS attend class at an education center run by Relief International in the Zaatari Refugee Camp, near Mafraq, Jordan in January 2016. The amount of money donated by Canadians for overseas Syrian relief efforts will fall short of the maximum \$100 million the government had promised to match. The matching program for Syrian relief was created last fall and was supposed to close at the end of 2015. By then, about \$12.2 million had been raised and the Liberals extended the deadline until Feb. 29 to try and bring in more. TEXT: THE CANADIAN PRESS, PHOTO: THE ASSOCIATED PRESS

IN BRIEF

Media freedom not absolute: Government

The government said in court that media freedoms, while important, are not absolute, and have to be weighed against the public interest in seeing serious crimes investigated and prosecuted.

At issue is a year-old court-sanctioned demand from the RCMP that Vice Media and its reporter Ben Makuch provide materials he used to produce three articles in 2014 about Farah Shirdon, charged in absentia with terrorism-related offences.

THE CANADIAN PRESS

Kenya benefits from Kanye's infamy

An Edmonton charity that helps children in Nairobi, Kenya has become the unintentional beneficiary of celebrity vanity.

Florida man Gabriel Ferrer's website suggests that fans who might spend \$700 on one of Kanye West's sweaters donate the money to charities operating in the African country instead.

THE CANADIAN PRESS

TONIGHT

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COMPANY

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Super sweeps

U.S. POLITICS

Both Clinton, Trump lead top electoral day

Republican Donald Trump and Democrat Hillary Clinton were sweeping through the South on Super Tuesday, with the front-runners claiming victory in their parties' primaries in Georgia, Alabama, and Tennessee. Clinton also picked up a win in Virginia, while Trump carried the Republican contest in Massachusetts.

Super Tuesday marked the busiest day of the 2016 primaries, with the biggest single-day delegate haul up for grabs. With elections in every region of the country, the contests put a spotlight on candidates' strengths and weaknesses with a broad swath of American voters.

For Clinton and Trump, the voting marked an opportunity to begin pulling away from their rivals and charting a course toward the general election. Each entered Super Tuesday having won three of four early voting contests, and more

strong showings could start putting the nominations out of reach for other contenders.

Seconds after polls closed in Georgia, a confident Trump wrote on Twitter, "Thank you Georgia!"

Clinton was steadying herself after an unexpectedly strong challenge from Bernie Sanders. The Vermont senator did carry his home state decisively on Tuesday, and told the crowd at a raucous victory party that he was "so proud to bring Vermont values all across this country."

Early exit polls underscored Sanders' continued weaknesses with black voters, a core part of the Democratic constituency. Clinton led with African-Americans, as well as both men and women, in Georgia and

Virginia, according to surveys conducted by Edison Research.

Sanders continued to show strength with young voters, carrying the majority of those under the age of 30.

The contests come at a turbulent time for the GOP, given Trump's strengths in the face of opposition from many party leaders. Florida Sen. Marco Rubio and Texas Sen. Ted Cruz launched furious verbal attacks on the billionaire businessman in recent days, but some in the party establishment fear the anti-Trump campaign has come too late.

Trump's wins in the South were a blow to Cruz, who once saw the region as his opportunity to stake a claim to the nomination. Now Cruz's future hinges on a victory in his home state of Texas, the biggest prize of the day.

Rubio's goal was even more modest. He was seeking to stay competitive in the delegate count and hoping to pull off a win in his home state of Florida on March 15.

For all the latest results, visit metronews.ca

+ DELEGATES

Democrats were voting in 11 states and American Samoa, with 865 delegates up for grabs. Republicans were voting in 11 states, with 595 delegates at stake.



A supporter holds up portrait of Hillary Clinton during an event at Ice Palace Films Studios in Miami, and Donald Trump speaks at the Kentucky International Convention Center. GETTY IMAGES

NOTICE

Registration of Undertaking for Environmental Assessment ENVIRONMENT ACT

This is to advise that on **March 2, 2016**, EnviroSystems Inc. registered the EnviroSystems Facility: Modification to Temporarily Store and Clean Low-Level Naturally Occurring Radioactive Material (NORM) Waste and Equipment, and Treat Wash-Water Project for environmental assessment, in accordance with Part IV of the *Environment Act*.

The proposed site for this Project is the existing EnviroSystems property and facility, located at 25 Akerley Blvd., Dartmouth, Nova Scotia, in the Burnside Business Park. The Akerley facility has been in operation for 22 years. The purpose of the proposed undertaking is to clean low-level NORM impacted equipment and waste, and the associated waste water. The proposed Project will be established and operated on private land within the confines of EnviroSystems' existing facility and operational area. Initially, 6 to 8 pieces of NORM impacted equipment per year is expected for the Project, and this volume is likely to increase as the market demand increases.

Copies of the environmental assessment registration information may be examined at the following locations:

- Canada Post Burnside, 95 Akerley Blvd., Dartmouth, NS
- Dartmouth North Public Library, 105 Highfield Park Dr., Dartmouth, NS
- Nova Scotia Environment, 30 Damascus Road, Suite 115, Bedford Commons, Bedford, NS
- EA website (when available) <http://www.novascotia.ca/nse/ea>

The public is invited to submit written comments to:

Environmental Assessment Branch
Nova Scotia Environment
P.O. Box 442, Halifax, NS, B3J 2P8

on or before **April 1, 2016** or contact the department at (902) 424-3600, (902) 424-6925 (Fax), or e-mail at EA@novascotia.ca.

All submissions received, including personal information, will be made available to the public upon request.

Published by: EnviroSystems Inc. 11 Brown Avenue, Dartmouth, NS B3B 1Z7

SPACE MISSION

'We did it': Two spacemen return

Astronaut Scott Kelly closed the door Tuesday to an unprecedented year in space for NASA, flying back to the planet and loved ones he left behind last March.

Kelly and his roommate for the past 340 days, Russian cosmonaut Mikhail Kornienko, were due to check out of the International Space Station Tuesday night.

By the time their capsule lands in Kazakhstan on Wednesday, the pair will have travelled 144 million miles through space, circled the world 5,440 times and experienced 10,880 orbital sunrises and sunsets.

Kelly photographed the first five sunrises of his waking day Tuesday, posting the pictures

on Twitter, before quipping, "I gotta go!" His final tweet from orbit came hours later: "The journey isn't over. Follow me as I rediscover #Earth!"

Piloting the Soyuz capsule home for Kelly, 52, and Kornienko, 55, will be the much fresher and decade younger cosmonaut Sergey Volkov, whose stint lasted the typical six months.

Kelly was the first one into the docked Soyuz capsule after a round of hugs and handshakes. Kornienko reached out and patted the inside of the station before the hatches swung shut.

As he relinquished command, Kelly noted that he and Kornienko have been jokingly saying, "We did it!" and "We made it!"

THE ASSOCIATED PRESS



Scott Kelly of NASA, left, and Mikhail Kornienko of Roscosmos have returned from NASA's longest flight. NASA/THE ASSOCIATED PRESS

IN BRIEF

Up to 10,000 migrants stuck at Greek border

Hundreds of exhausted refugee families trying to reach Western Europe flocked Tuesday to a burgeoning tent city on Greece's border with Macedonia, which had not allowed anybody in for 24 hours, citing a similar policy by Serbia further north.

The impasse drew criticism from the UN refugee agency, which said Europe "is on the cusp of a largely self-induced humanitarian crisis." A UNHCR statement said inconsistent policies in the continent, which faces its worst immigration crisis since the Second World War, "are causing unnecessary suffering and risk being at variance with EU and international law standards."

Police say there could be up to 10,000 people at the border in deteriorating conditions. THE ASSOCIATED PRESS

Meteor above Scotland

Scientists say a meteor was the cause of a bright flash of light reported by people across Scotland and northern England. Police said they received calls with reports of a loud bang, a sudden blue, green or white light or a fireball in the sky.

THE ASSOCIATED PRESS

"I've put it off long enough."

Doggy darlings big business for owners

INSTAGRAM

Companies looking to harness puppy star power

Dean just turned two years old, but he already has more than 107,000 Instagram fans following his squirrel-chasing, stick-fetching and snack-sneaking adventures in Toronto.

The floppy-eared basset hound is one of several Canadian dogs whose #DogsOfInstagram game is on point. These rising canine stars can score anything from free doggie treats to lucrative book deals as companies look to harness the puppies' star power.

Carly Bright and Nathan Sidon picked up Dean from a breeder in April 2014. One month later, the couple launched Dean's Instagram account to avoid spamming their own followers with incessant pictures of their puppy.

His photos started resonating with strangers, though, and by late summer, his account cracked 1,000 followers.

Bright continued posting about one picture daily and fine-tuned Dean's voice. The captions, Sidon said, are the couple's "best understanding" of their dog's perspective.

"He's got a big personality," said Bright.

While they consider Dean's social media presence a hobby rather than a business, interest in the hound's potential to



Carly Bright poses for a photo with her basset hound named Dean at their Toronto, Ont. home in February. MICHELLE SIU/THE CANADIAN PRESS

peddle products has grown along with his following.

"People reach out to him all the time," Sidon said.

At first, the couple reacted with excitement each time a brand contacted them to inquire about working with Dean. Now, emails arrive in Dean's inbox multiple times a day.

Sometimes the companies want to send Dean a free product, hoping his owners will showcase it on the account, said Sidon. Other times, they offer financial compensation for doing so.

Fohr Card, a company that

helps brands find human influencers, created a spinoff, Fur Card, to showcase the growing number of popular animals on social media.

The deals can be lucrative. The dogs earn a fee or freebie for posting about a brand's products, or can lend their image to merchandise of all kinds.

Dean's owners have been asked to lend his likeness to socks, sandals and 3D figurines, but Bright and Sidon have passed on the offers to maintain the integrity of Dean's Instagram page and keep it relatively advertisement-free. THE CANADIAN PRESS



Dean has over 107,000 followers on Instagram. MICHELLE SIU/THE CANADIAN PRESS

TELEVISION

Get the skinny on your basic cable

Canadians now have the choice to pay no more than \$25 a month for basic cable as the deadline for the CRTC-mandated so-called skinny cable and satellite packages dawned Tuesday. The regulations came after the federal regulator's Let's Talk TV campaign, launched in 2013, found Canadians wanted more choice from their cable providers.

What's a basic-cable package?

Basic-cable packages must include at least 10 local and regional TV channels, public interest channels (like the Aboriginal Peoples Television Network), educational programming, community channels and legislative channels where available.

Is that all that's included?

That's the bare minimum for skinny cable packages.

They may also include local AM and FM radio stations, up to 10 non-local TV stations and another province or territory's educational programming if

there's no local alternative.

Does it cost less than previous plans?

While the monthly cost of the skinny package is capped at \$25 monthly, that doesn't include installation or equipment fees.

Bell's starter package, for example, costs \$24.95 for basic channels. But new customers selecting that plan must pay another \$7 monthly for an HD receiver, or \$15 monthly for an HD PVR rental, or \$499 to purchase the unit. There's also a one-time installation fee of \$49.95 for customers signing on for a two-year contract, or \$199.95 for those without a contract.

How do I make the switch?

TV viewers wanting to make the switch can visit the websites of cable providers to determine what packages, a-la-carte channel and bundle options most appeal to their needs.

The CRTC provides a list of service providers in various Canadian cities. THE CANADIAN PRESS

SWEDEN

McDonald's adds VR goggles to Happy Meals

Move over analog Happy Meal toy, McDonald's is rolling out virtual reality for their youngest patrons. The newly-announced "Happy Goggles," being marketed at 14 locations in Sweden from March 5 to March 12, is meant to be paired with Slope Stars, a ski-themed VR game. COLIN MCNEIL/METRO

market minute

	DOLLAR	74.55¢ (+0.65¢)
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	GOLD	\$1,230.80 (-\$3.60)

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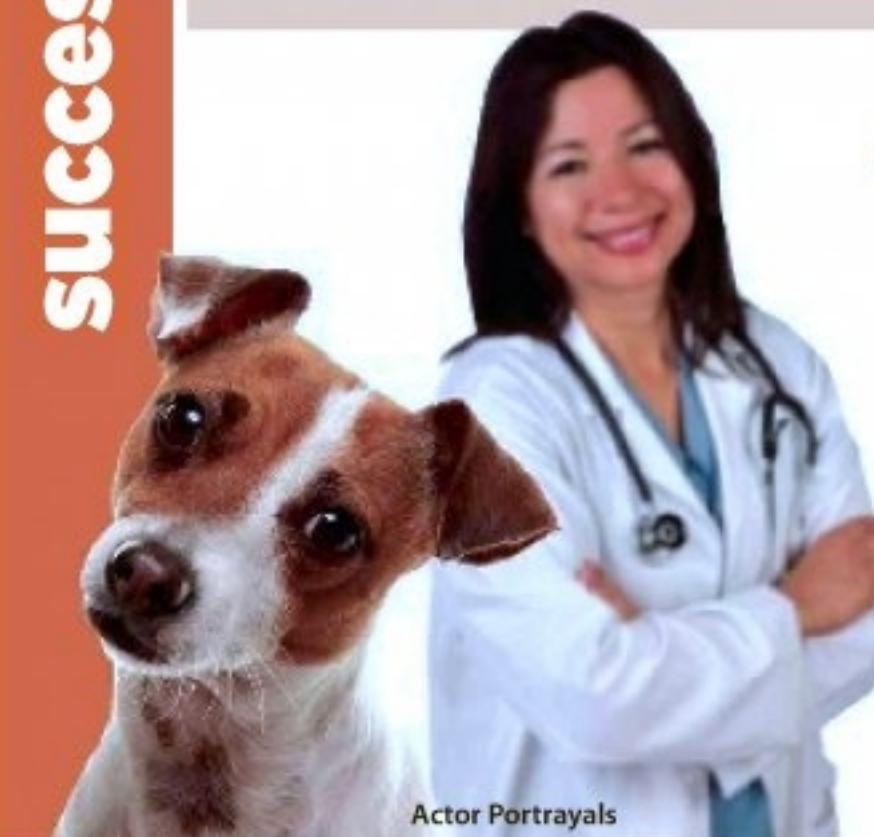
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metr VIEWS

Your essential daily news

Wednesday, March 2, 2016



URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

How do I tell people I don't want to be upsold at the cash? Every time I say no, I feel either disorganized or cruel. I want to stop this insanity without being rude. What do I do?

Dear Ellen,

How do I tell people I don't want to be upsold at the cash — air miles, donation to sick children, a croissant with that chai latte? Every time I say no, I feel disorganized (travel points) and cruel (very ill children). Even worse — and this may be a whole other etiquette question — is to be asked for my name when placing my order at Starbucks (not to mention the follow-up: "Is that with a C or a K?" What does it matter?). I want to stop this insanity without being rude. What do I do?

Signed,
Catherine

Dear Catherine,

I don't find upselling as irritating as you do, though admittedly, when the epidemic first began to take hold, I did find it mystifying. Why were staff at checkout counters constantly asking me if I wanted soup or salad with that, or if I needed any windshield washer today, or had I noticed the buy-two-get-one-free offer in the shoe department. Did I look like a hungry, absent-minded, scuffed shoe consumer with a dirty car?

At first, I would stop to explain to checkout people that I appreciated their concern, but that I had everything I needed, and hoped they wouldn't be offended that I was declining their considerate suggestions. But after being met with confusion, boredom or irritation, I soon

I found your fellow objectors very much in the minority, drowned out by millions of enthusiastic links on what a fabulous idea upselling is.

realized they weren't asking out of concern for me at all! They were simply doing their job as wage slaves trained to harass the customer into spending more money before being allowed to escape.

Now I save time for everyone by quickly saying, "No thank you" as soon as the upsell begins. They don't care. In fact, they seem to appreciate being let off the hook right off the bat (to mix metaphors). They finish ringing up my purchase(s), send me on my way and happily move on to the next customer. With this courteous but firm approach to the aggressive upsell, both parties are able to remain friendly and polite, which is a nice way to end any encounter.

If you're hoping to prevent

being upsold altogether, I'm afraid you're out of luck. Out of curiosity, I went online to investigate the phenomenon, wondering if others felt as annoyed and manipulated as you do. Surely if enough people hated it, you could join together in a mass protest to end it?

Instead, I found your fellow objectors very much in the minority, drowned out by millions of enthusiastic links on what a fabulous idea upselling is, and how it can be used by almost any business to increase sales and profits. The most successful upsell of all time — "Would you like fries with that?" as pioneered by McDonald's — has been working like gangbusters since the 1970s and continues to increase profits by millions per

year. In short, resistance is futile. The upsell is here to stay.

As for your objection to having to give your name when placing an order at Starbucks, and then being asked how to spell it, I'm tempted to suggest you invest in a meditation course or regular massage sessions, except you might misconstrue my sincere concern as upselling.

What I will advise is that you take control of the situation. Place your order and then, without being prompted, volunteer your name and the first initial: "That's for Catherine, with a C."

Give them a little something extra: An upspell.

Need advice?
Email Ellen:
scene@metronews.ca



© Ani Castillo

ROSEMARY WESTWOOD

metroview

Where's the pardon for the state's place in staff rooms of the nation?

A posthumous pardon is certainly far better than none at all.

So it was a victory for many this week, when the federal government announced it would pardon Everett Klippert, the only man labelled a dangerous sex offender simply because he was gay.

The Liberals also announced a review of convictions prior to 1969 for buggery and gross indecency — offences that punished gay sexual acts.

It's a laudable move, but an incomplete one.

To begin with, 1969 was the year that gay sexual acts, called gross indecency, were decriminalized — but not anal sex, or buggery, which remained on the books until 1988. That's kind of like decriminalizing a grilled cheese sandwich, but not the cheese. In fact, a Global investigation found convictions actually spiked in the 1980s.

Of course, to seek pardons for the criminalization of gay sex post-1969 would force the Liberals to admit that Pierre Elliott Trudeau was not a perfect flag-bearer for gay rights. His 1967 announcement that "there's no place for the state in the bedrooms of the nation" did not mark an end to the state's interest in gay sex.

Plus, Trudeau failed, in both of his stints as prime minister, to end the imposition of the state into the bedrooms of its

staff. Between 1958 and 1992, the government spied on and fired gays and lesbians in the military and public service.

"It's relatively easy to begin to pardon individuals. It's much more difficult for them to say, in a general way, 'What the Canadian state did to gays and lesbians was totally wrong,'" says Gary Kinsman, co-author of *The Canadian War on Queers* and part of a group calling for a federal apology. They had the official support of the NDP before the election. Liberal interest has extended to meetings with a few MPs, and not much more, Kinsman says.

That is a shame. It might be difficult to admit widespread wrongdoing, but it's actually a less bureaucratic process to apologize for firing people for being gay, than to review reportedly thousands of convictions over many decades. Perhaps there's a fear of lawsuits, a bad reason to leave a wrong unrighted. Perhaps the Liberals worry about their image as defenders of LGBTQ rights, much touted during the election. I hope not.

Public apologies should be serious matters, carefully considered, but a government that's quick to pardon one man who did nothing wrong should surely be able to apologize to the equally innocent Canadians it hunted down and purged for decades.

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Miso, my! Easy ramen broth

GUEST-WORTHY MEAL

Elevate instant noodle staple by making your own stock

Aside from a box of Kraft Dinner, nothing personifies singleness more than a packet of instant ramen.

The cheap block of instant noodles is delicious and satisfying, but the packet of powdered soup broth contains an entire day's worth of salt. Here's an easy way to make your own broth that is just as satisfying but with considerably less sodium so you can drink it without gasping for water.

While you're at it, take a few extra minutes and add vegetables and leftover meat to create a complete meal worthy of guests. You'll think twice about lining up for a \$15 bowl of ramen after making this.

Baller Ramen

Makes one serving.

Ingredients:

- 1 large egg
- 2 cups (500 mL) water
- 2 tsp (10 mL) white miso paste
- 1 tsp (5 mL) soy sauce
- 1/2 tsp (2 mL) sesame oil
- 1 packet instant ramen noodles
- 2 heads of baby bok choy, leaves separated and rinsed
- 1/4 cup (60 mL) kimchi
- 1/3 cup (80 mL) edamame
- 1 Tbsp (15 mL) canned corn kernels, drained and rinsed

Directions:

1. Place egg in a small pot filled

with enough cold water to submerge egg by at least an inch. Cover. Over medium-high heat, bring water to a rapid boil. Remove

from heat and let sit covered for 12 minutes, or 6 minutes for soft-boiled eggs. Take out egg and submerge in bowl of cold water for 5 minutes until cool to the touch. Remove shell and slice in half lengthwise. Set aside.

2. While egg is cooking, in a small saucepan over medium heat whisk together water, miso paste, soy sauce and sesame oil. Bring to a rapid boil and add bok choy and ramen, stirring until leaves are tender and noodles are al dente,



Take a packet of instant ramen and turn it into a complete meal by whipping up a simple miso broth, adding vegetables and a hardboiled egg as a finishing touch.

TORSTAR NEWS SERVICE

FOOD TIP

What's the best way to peel an egg?

J. Kenji López-Alt of Serious Eats, did exhaustive research on making the perfect boiled egg.

He concludes that shocking the egg in icy water and letting it cool completely is key in preventing the egg from sticking to the shell.

Also, he says to gently tap the shell all over rather than aggressively roll it across the counter, then peel under cold water.

about 2 to 3 minutes.

3. Transfer to bowl. Top with sliced eggs, kimchi, edamame and corn. Serve immediately.

Other proteins to consider:

Cooked chicken, tofu cubes, thinly sliced

Spam, cooked bacon.

Other veggies to consider:

Broccoli florets, sliced red pepper, bean sprouts, finely chopped bitter greens, pickled carrots and daikon.

Bonus condiments:

Nori, sesame seeds, Sriracha or any kind of hot sauce.

TORSTAR NEWS SERVICE



90s to now

Yup.
The music's better now.

CBC rolls out its own kind of Serial podcast

INTERVIEW

David Ridgen investigates cold cases in new podcast

Melita Kuburas
Metro | Canada



There are similarities between CBC's new podcast, *Someone Knows Something*, and the first season of American radio doc *Serial*: both roll out weekly, investigating old cases in real-time, and both are anchored by a captivating reporter, bringing some transparency to this type of journalism.

But David Ridgen, host of the CBC show that launches March 2, says he deliberately stayed away from programs like *Serial* and Netflix's *Making a Murderer*. "I don't want to unconsciously or consciously even try to mimic them," he tells Metro. "I think comparisons will be made, but I'm hoping that we have our own unique kind of show that's based on an honest process and looking for the facts."

To be fair, Ridgen has been doing this genre long before the aforementioned U.S. true-crime series were released.

His 2007 documentary *Mississippi Cold Case* led to the prosecution of a Ku Klux Klan member connected to the killing of two young black men.

And like in that project, and

others since (*Confession to Murder*, *A Garden of Tears*), Ridgen wants results in the mysteries he examines for the CBC. "I'm here to actually solve a case and to do that I have to be engaging, but I also have to be fair to the family members and not lead them somewhere and just leave them hanging," he says.

Here is another important distinction: While *Serial* and *Making a Murderer* have been criticized by the family members of murder victims Hae Min Lee and Teresa Halbach, respectively, Ridgen is not interested in reopening an old wound unless he has full support from the family affected.

"It's important to see that these cases are about process as much as they are about the outcome," he says.

Families of missing or murdered loved ones often face a lot of guilt associated with the tragedy, and sometimes they face blame from the community or are cast in a suspicious light. Ridgen wants the reporting to be healing. "In looking back at the cases, I feel like the process of this podcast is offering an almost therapeutic kind of approach."

Ridgen adds that even if he doesn't get to the point where they're in the courtroom "pointing our fingers at a person who has done it," the process is worthwhile if he knows the family has learned something and have some closure.

But the work also takes a toll on him. In the prologue for the series, Ridgen struggles with whether to accept the CBC of-



David Ridgen, host of *Someone Knows Something*. OWEN RIDGEN

fer, given the emotional weight it's had on him in the past.

"There's no doubt that it has an impact when you're looking at photographs of crime scenes or things that the general public just does not get to see and it's just the constant iteration of the information through your head about missing children, murders and horrific imagery. As I say in the prologue, it just kind of haunts you."

THE CASE

• The first season of *Someone Knows Something* launches today at cbc.ca/sks. It will also be available on iTunes and Google Play.

It looks at the case of Adrien McNaughton, a five-year-old boy who vanished during a family fishing trip in Calabogie, Ont. in 1972.

Ridgen grew up in the town, and says that it has been a "dark cloud" over the community ever since he can remember.



JOHANNA SCHNELLER
WHAT I'M WATCHING

The many truths in a Bronco chase



Cuba Gooding Jr. is O.J. Simpson in *The People vs. O.J. Simpson*. CONTRIBUTED

THE SHOW: *American Crime Story: The People vs. O.J. Simpson, Episode 2 (FX)*
THE MOMENT: *The Pizza*

Los Angeles, 1994. Football star, media personality — and accused murderer — O.J. Simpson (Cuba Gooding Jr.) is cruising the freeways in a white Ford Bronco, pursued by a dozen police cars, while the world watches on television.

In the kitchen of a pizza delivery joint, phones ring off the hook while cooks scramble to make pies.

"This is crazy," one says, grabbing an empty plastic bin. "We ran out of cheese."

My love for this limited series is deep and abiding, and scenes like the one above are why.

How many times have you seen "news is happening" dramatized by people staring at TVs? This show depicts that scene not just originally, but also thematically — our bottomless appetite for food equals our bottomless appetite for sensationalism.

The co-writers, Scott Alexander and Larry Karaszewski, are just so freaking smart. (They also wrote *Ed Wood* and *The People vs. Larry Flynt*.)

They're expert at finding the places where celebrity and success curdle into toxicity and greed, and for turning complex issues into gripping drama.

In Simpson's story, they hit the motherlode. The issues that riveted us 22 years ago — America's deep divisions in race, class, wealth, fame; our eagerness to judge people superficially and leap to conclusions based on our prejudices — are, if anything, even more urgent now.

Giving the Bronco chase a full hour is just one example of the show's genius: It takes the time to parse every detail, and finds meanings and connections that make us gasp.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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- 4 Mike Posner: I Took A Pill In Ibiza
- 3 G-Eazy ft. Boosie Roedra: Me, Myself and I
- 2 Rihanna ft. Drake: Work
- 1 Zayn: Pillow Talk

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Cadenza: The height of mid-luxury



REVIEW

Like rivals, Kia's latest has many features for its price point

Jill McIntosh
For Metro Canada



If you like luxury but your budget doesn't, the "mid-lux" segment might be for you. Kia's entry is the Cadenza, a model that isn't all that common on the streets but could be a hidden gem for many buyers.

Its platform design has been around for a while. It shows its age with a somewhat doughy suspension that's mostly gone out of fashion in favour of the sportier, sharper feel in most new models. Still, that's precisely the type of ride many luxury buyers prefer. And it's all put in motion by a seriously sweet 3.3-litre V6 engine that's powerful, smooth and quiet, and mated to an equally-refined six-speed automatic transmission.

A well-equipped base model starts at \$37,995, but higher-end features such as a panoramic sunroof, ventilated front seats, heated rear seats, power-adjustable steering wheel and power rear sunshade come with the Premium

trim at \$41,995.

My tester, the top-end Tech at \$45,595, included blind-spot monitoring, lane departure warning system, and adaptive cruise control, which adjusts its speed in relation to traffic ahead. Many of these cruise systems have become very sophisticated, but this Kia's version is still too jerky.

The sedan's handsome cabin, which only comes in black, offers up a good amount of legroom and headroom in both the front and rear seats. Those chairs are impressively comfortable, and on the Premium and Tech trims, the driver's seat has a power-operated knee extension, perfect for long-legged folks who find that most seat cushions are too short.

The Cadenza slots between Kia's volume-selling Optima and its even-rarer top-line K900 sedan. It shares its mechanicals with the Hyundai Azera sedan, a model no longer sold in Canada but still available in the U.S.

It follows Kia's business model of offering a lot of features for the money, but other manufacturers have jumped onto that as well: many other mid-lux models also pile on the features in a price range that's comparable to Cadenza's. You'll have to closely comparison-shop to get the most for your money, but include Kia's version on your list.

THE CHECKLIST | 2016 KIA CADENZA

THE BASICS

Type. Four-door, five-passenger mid-size sedan
Engine (hp/torque). 3.3-litre V6 (293/255)
Transmission. Six-speed automatic
Price. \$37,995 (base); \$45,595 (as tested), plus destination

COOL FEATURES

- Electric parking brake
- Rear-view camera and parking sensors
- 12-speaker audio system
- Windshield wiper de-icer
- Rear-seat USB charging port
- Power-folding mirrors
- Automatic window defogging feature



MAIN AND INTERIOR PHOTOS: JILL MCINTOSH/FOR METRO; OTHERS HANDOUT

POINTS

- The Tech trim adds LED fog lamps, 19-inch wheels, power passenger seat, and adjustable steering feel.
- The Tech uses hydrophobic glass in the front-door windows, which causes snow and raindrops to sheet off the surface to improve visibility.
- The engine uses direct gasoline injection.

MARKET POSITION

- Kia is a strong player in the entry-level and mid-range markets, but is still minor in the mid-lux and luxury segments. That may change in future, especially as parent company Hyundai launches its separate Genesis luxury brand.

THE COMPETITION



Nissan Maxima
Base price: \$35,900



Buick LaCrosse
Base price: \$36,525



Toyota Avalon
Base price \$38,185

PREMIUM MODELS

Nissan unveils crossover crown jewels at Geneva Motor Show

The company that helped to kick-start the European crossover craze is bringing two personalized concepts to this year's show in a bid to retain its place in the market as choice continues to grow.

The Qashqai Premium Concept and the X-Trail Premium Concept are a concerted attempt to show that hugely popular models can still be diverse and to test the appetite for new external and internal options and design touches.

"We allowed the creativity of our design teams to shine

through," said Shiro Nakamura, senior vice president of Design and Chief Creative Officer at Nissan Motor Company Ltd about the cars that took two years to develop.

"Ultimately we settled on two designs — which are contrasting, but share common themes — as they reveal a new premium character in our crossovers."

This year's Geneva Motor Show will be overflowing with new crossovers and many of them will be from the likes of Audi and VW — marques with a strong focus on premium per-

formance or premium materials.

Nissan's solution is a Qashqai aimed at a "Premium Urbanite" — an individual that wants to drive to Paris or Rome on the weekends. The concept is finished in matte black with contrasting copper details and bare carbon fiber elements.

All of this is meant to contrast sharply with the white Nappa leather interior. The seats get the diamond quilting treatment usually associated with marques like Bentley, and surfaces and dashboard panels are clad in a copper-gold carbon fiber weave.

As a more capable crossover, the X-Trail concept is targeted at the "Premium Adventurist" that wants to head off the beaten track over the weekend. It's finished in a combination of matte white and black, and the copper detailing is focused on highlighting elements like skid plates and side steps — the features that mark out a car's off-road credentials.

Inside, the leather palette is very similar to that found in a Range Rover: black and tan tones

with piping details on the seats and the use of darkened chrome elements on the dashboard.

According to Mamoru Aoki, Executive Design Director of

Nissan Motor Company Ltd, both cars are about exploring "creative solutions to fulfill the broad range of the needs of the aspirational customers in Europe."

AFP



Living up to the hype

NHL McDavid and Eichel doing their parts for poor teams

Linked together even before they were selected with the first two picks of the 2015 NHL draft, Connor McDavid and Jack Eichel are again forging a similar path.

Both represent the future of struggling franchises and both have mostly lived up to the hype, excelling as teen sensations for the Edmonton Oilers and Buffalo Sabres.

"They're two fabulous players," Oilers coach Todd McClellan said Tuesday before the first NHL meeting between McDavid and Eichel. "We're very lucky to have them on our teams. We're very lucky to have them in our league and the fans are very lucky to

watch them play on a nightly basis because they're gifted, they're skilled, they're the future of our game."

The first overall pick last June, McDavid has quickly become the symbol of hope for an Oilers squad on track to miss the playoffs for the 10th consecutive season. Fairly or not, he embodies the kind of franchise-

changing force who can lift the club upward.

Taylor Hall, who joined the Oilers midway through this decade of misfortune as a No. 1 overall pick himself, doesn't think his challenge came close to that of his

younger teammate.

"I wasn't in the same stratosphere of what Connor's kind of been through. I was the first overall pick, but it wasn't the same," said Hall. "He's had a lot of expect-

ations and to his credit he's blown them out of the water. It's fun to see a kid like that come in and just go play hockey."

Sabres teammates describe Eichel as bearing that same weight and excelling with similar composure.

The 19-year-old fronts a Sabres club that's had a bleak run, if not as turbulent as the Oilers. Second-last in the Eastern Conference, Buffalo will miss the playoffs for the fifth straight season and seventh time in the past nine campaigns.

Like McDavid, the former Boston University star is the face of hope for a turnaround.

"From Day 1, I noticed an ease and maturity of how he's dealt with this situation," Sabres coach Dan Bylsma said of Eichel. "I can't even imagine what my 18th and 19th birthday would have been like if I had been put through the same spotlight."

It certainly won't be up to either as an individual to lift their clubs from the mud of recent seasons — that's the challenge of management — but they can each do their part on the ice. Both have so far.

IN BRIEF

Getzlaf named NHL's first star for February

Forwards Ryan Getzlaf of the Anaheim Ducks, Alex Ovechkin of the Washington Capitals and Filip Forsberg of the Nashville Predators were named the NHL's three stars for February on Tuesday.

Getzlaf was the first star after registering 20 points (six goals, 14 assists) and a plus-13 rating to lead Anaheim to a 12-1-1 record.

THE CANADIAN PRESS

IOC removes itself from handling doping cases

In a major change in the handling of positive drug tests at the Olympics, the IOC agreed Tuesday to remove itself from the process and have a group of independent sports arbitrators rule on doping cases during the games in Rio de Janeiro.

The change was approved by the International Olympic Committee's executive board, IOC spokesman Mark Adams said.

THE ASSOCIATED PRESS

Panthers place franchise tag on All-Pro cornerback

The Carolina Panthers have applied the non-exclusive franchise tag to All-Pro cornerback Josh Norman.

Norman will make \$13.952 million next season unless he signs a long-term contract extension. Carolina has until mid-July to negotiate a new deal with Norman.

THE ASSOCIATED PRESS

+ ROOKIE STATS

McDavid		Eichel
27	GP	63
10	G	17
19	A	24
29	Pts	41
-4	+/-	-15
10	PIM	14

*Numbers before Tuesday's game



Connor McDavid
THE CANADIAN PRESS

Jack Eichel
GETTY IMAGES

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West Brom frustrate leaders Leicester

EPL ROUNDUP

Spurs can go top after high-flying Foxes held at home

Leicester's unlikely Premier League title challenge faltered with a 2-2 home draw with West Bromwich Albion on Tuesday, offering Tottenham the chance to go top in another twist to the most unpredictable race for the championship in years.

Moving three points clear of the world's richest league was nothing to celebrate for Leices-

ter's despondent players, who wasted a slew of late chances to put a provisional five-point gap over the Spurs.

"Just sometimes you can do everything but the ball doesn't want to go in," said Leicester manager Claudio Ranieri, who has turned a team that narrowly avoided relegation last season into a title contender.

Tottenham is away to West Ham on Wednesday, while the title hopes of fellow contenders Arsenal and Manchester City —

third and fourth respectively — were also boosted by Leicester dropping points.

“

Nothing negative. We tried to do everything and well done to my players.

Leicester boss Claudio Ranieri

since Jose Mourinho was fired before Christmas to 12 games.

At the bottom, Aston Villa's fans staged a mass walkout after the last-place team sunk nearer relegation with a 3-1 home loss

to Everton. Ramiro Funes Mori, Aaron Lennon and Romelu Lukaku were on the scoresheet for the Toffees. Villa Park had already started to empty when thousands of fans departed in the 74th minute in protest at American owner Randy Lerner — when Villa was 3-0 down — to mark the year the club was founded, 1874.

Sunderland grabbed a 90th-minute equalizer to draw 2-2 with Crystal Palace and provisionally climb out of the bottom three and Bournemouth beat south-coast rival Southampton 2-0 to further ease its relegation concerns.

THE ASSOCIATED PRESS



West Brom's Claudio Jacob, left, trips up Leicester's midfielder Riyad Mahrez. OLI SCARFF/AFP/GETTY IMAGES

ATHLETICS

Thiesen-Eaton asks #WhatsYourGold?

Brianne Theisen-Eaton's goal this summer is an Olympic gold medal. But the Canadian heptathlete said how she sets goals and achieves them is no different than anyone else.

The 27-year-old from Humboldt, Sask., and her husband Ashton Eaton — the world-record-holder and Olympic champion in the decathlon — have launched a social media storytelling campaign called #What'sYourGold? Its aim is both to bring people along on their quest for Olympic excellence and to help others on journeys of their own.

"I feel like we're pretty down-to-earth normal people, and we really wanted to show people that athletes and whoever, we're just normal regular people, just like you. So it's just about sharing knowledge," said Theisen-Eaton, a two-time world silver medalist. "I watch a ton of reality TV, there's some kind of weird fascination with a lifestyle that you don't have. So we thought, 'How can we use what we have to help, to maybe make other people happy or give them a little bit of insight



Brianne Theisen-Eaton. MADDIE MEYER/GETTY IMAGES

or knowledge into what we're doing to make our life easier?"

Through social media platforms such as Twitter and Instagram, the couple is asking people to share their goals, whether it's starting a business, running a marathon, or losing weight, and post their progress.

"We know how it feels to struggle — to reach a place where success feels impossible," they wrote on their website. "But we believe everyone possesses the strength, determination and potential to overcome obstacles and achieve greatness, and we want to celebrate that."

THE CANADIAN PRESS

FORMULA ONE



Rosberg fastest for Mercedes

Nico Rosberg posted the fastest time Tuesday in pre-season testing for the Formula One season, while world champion Lewis Hamilton used his time on track in a race simulation.

With Mercedes using the soft tires for the first time on Tuesday — having tested slower mediums last time — the German driver Rosberg sped around in 1 minute, 23.022 seconds.

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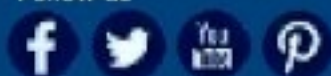
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RECIPE Apple, Cheese and Bacon Frittata



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

Sweet apples, sharp cheese and some salty bacon together with eggs are all the reasons you need to make this easy frittata. You want another? You got it — it's a one pot star.

Ready in
Prep time: 10 minutes
Total time: 35 minutes
Serves 6

Ingredients

- 4 strips of bacon
- 8 eggs
- 1 cup grated cheddar cheese
- 1/3 cup grated Parmesan cheese
- 1 Tbsp butter
- 1 apple, peeled, cored and thinly sliced

Directions
1. Preheat the oven to 450 F.

2. In large, oven-safe skillet, sauté the bacon until crisp. Turn off the heat. Place bacon on a piece of paper towel to drain and wipe out skillet with another piece of paper towel.
3. Meanwhile, in a large bowl, whisk the eggs together. Add half of both cheeses to the eggs and whisk again.
4. Place the skillet back over medium heat and add butter. Swirl that around the pan. Pour the eggs into the pan. Allow to cook until the edges begin to set. Crumble the bacon and sprinkle it across the eggs. Lay down the slices of apple in a circular pattern. Sprinkle the rest of the cheese over the top.
5. Place in a hot oven for 15 to 20 minutes, until the top is puffy and just lightly set. Remove carefully and allow to cool for a couple of minutes before slicing.

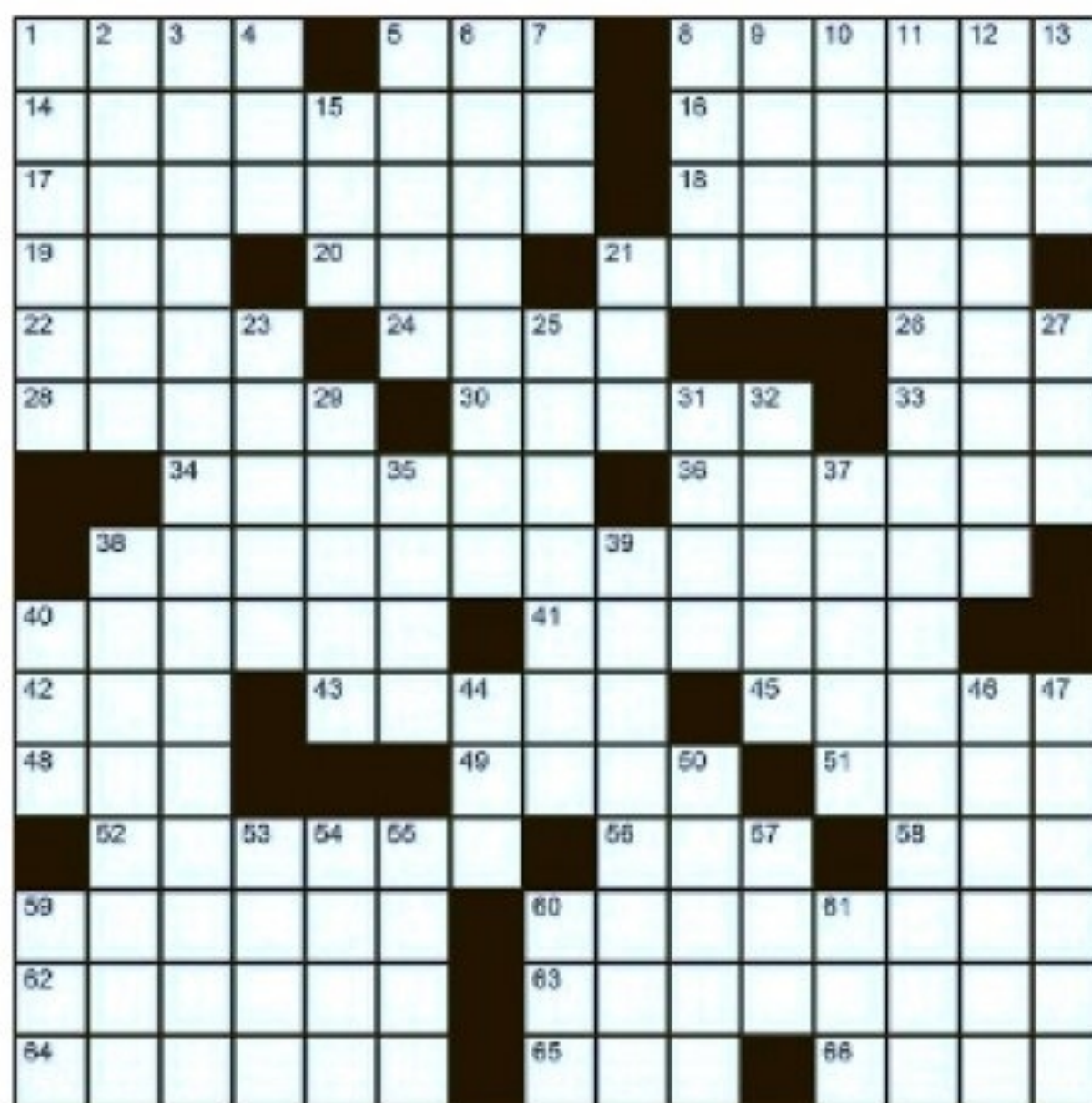
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. "On My List" by Hall & Oates
5. Pro
8. Quebec pastry brand, maker of Ah Caramell!
14. "Love _" (2003)
16. Jane's "Ally McBeal" role
17. CAA service, _ assistance
18. Discarded
19. New Waver Adam
20. Theological sch.
21. P.E.I. produce product
22. Suit accessories
24. Couch
26. Clip- (Non-pierced earrings)
28. Do this with tickets outside the concert venue
30. _ prosequi (Not proceeding, in law)
33. Caviar
34. Kitchen gadget
36. Skiing sort
38. Donald Sutherland's role in the 1970 movie version of "M*A*S*H": 2 wds.
40. Trunks
41. Jan and Cindy's older sister
42. Be decisive
43. "Get My Dough" by _ Dean
45. Recites
48. Ring's sparkler
49. Poker stake
51. Scissors sound
52. The Earl of _ (Title for Queen Elizabeth's youngest son Prince Edward)



56. " _ Time" by Imagine Dragons
58. Eggs, fancy-style
59. Comics: Dennis the _
60. Someone succeeding
62. Director of #38-Across, Robert _

63. "City _" (1991) starring Billy Crystal
64. Mary-Kate and Ashley
65. Bench press muscle, commonly
66. "Would you like anything _?"

(Is that all?)

DOWN

1. Gold measurements
2. Like a widely recognized symbol
3. In royal residence Windsor Castle, they

include The Waterloo Chamber and The Grand Vestibule: 2 wds.
4. South: French
5. 1954 William Golding book, Lord of the _
6. Family's longstanding wealth: 2 wds.

7. Cereal grass
8. Nix
9. Commonly: 2 wds.
10. _ Loma, Toronto attraction
11. Lillian Ross book, Cougar's Crossing: A Canadian _ of Pioneer Adventure
12. 1983 Hall & Oates hit that starts "I'm tired of playing on the team...": 3 wds.
13. Mr. Beatty
15. Sure-footed mammal
21. Chum
23. Bunches
25. Factory crew bosses
27. The Supremes: "Come _ About Me"
29. Orange _ (Tea)
31. Den
32. Put into office
35. Minus meaning
37. _ open (Uses a crowbar)
38. New Brunswick attraction, _ Rocks
39. Speck
40. Cloth
44. Levy
46. Detoxifying organs
47. Scant
50. Strong work _
53. Equivalent
54. What an all-in-one printer can do
55. Poetic nights
57. [error left as is]
59. _ jacket (Suit part for a sixties band)
60. Pharaoh snake
61. Hawaii: _ Crater, in Maui

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Don't tell friends and relatives what they want to hear today — tell them what they need to hear. A large dose of reality is essential and a no-nonsense Aries like you is the best person to administer it.

Taurus April 21 - May 21
Don't get too caught up in the idea of winning and losing. Remind yourself what it means to enjoy the simple things in life, none of which require you to win a gold medal.

Gemini May 22 - June 21
Try something you have never tried before. Others may not approve but that will only make you even more determined to go through with it. You enjoy pushing limits.

Cancer June 22 - July 23
People are depending on you, so stay focused on what needs to be done. You won't have to do it alone: someone will offer to help you and together you can put things right.

Leo July 24 - Aug. 23
Others are making life difficult for you but you are also making life difficult for yourself. What happens in the world is largely a reflection of what goes on inside your head, so be positive and believe in success.

Virgo Aug. 24 - Sept. 23
Each time you have things worked out someone comes along and moves the goalposts or changes the rules but don't let it get to you. It is all part of life's rich tapestry.

Libra Sept. 24 - Oct. 23
Follow the rules. Yes, of course, you could do it better and in half the time but it's not your call to make. Play along for now — you'll get your chance to shine later.

Scorpio Oct. 24 - Nov. 22
Are you any closer to reaching the targets you set for yourself around the time of your last birthday? If not, it may be time to adjust your sights a bit. Remember, your goals don't have to be set in stone.

Sagittarius Nov. 23 - Dec. 21
Someone will let you down today and you won't be too happy about it. But don't let it bother you too much because it is a blessing in disguise. You can do a lot better without them.

Capricorn Dec. 22 - Jan. 20
Push worries to the back of your mind and resolve to have fun. The Sun in Pisces brings social and travel opportunities aplenty, so there is no excuse why you should be stuck at home in a bad mood.

Aquarius Jan. 21 - Feb. 19
Don't feel bad if you haven't yet accomplished all you set out to do. There's no time limit to your ambitions and you've done a great deal already, more than others expected.

Pisces Feb. 20 - March 20
Forget about what might have been and focus on what can still be done. Take each day as it comes. There is already a plan guiding your life — all you have to do is follow it.

CONCEPTIS SUDOKU by Dave Green

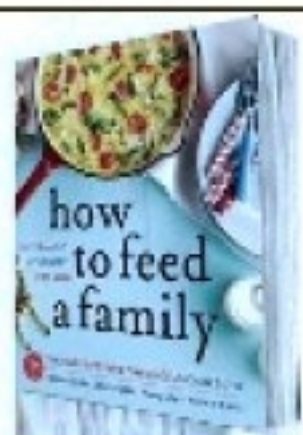
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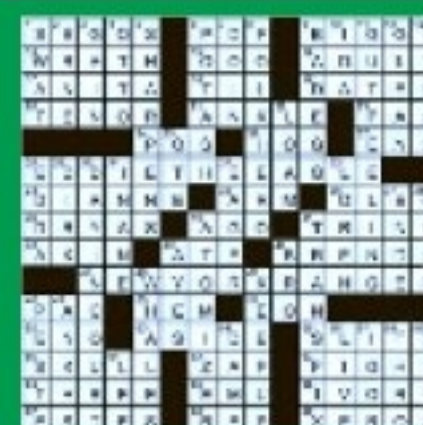
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1	5	2	4	9	6	8	3	7
7	4	3	5	8	2	6	9	1
8	6	9	7	1	3	2	4	5
2	8	4	3	7	5	1	6	9
3	9	7	6	2	1	4	5	8
6	1	5	9	4	8	3	7	2
5	3	1	2	6	7	9	8	4
9	7	8	1	3	4	5	2	6
4	2	6	8	5	9	7	1	3

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